

# Time, Temperature & Retained Heat Chart for Chambers OVEN ("C" Models)

COOK WITH THE GAS TURNED OFF <sup>®</sup>

USE ANY RELIABLE RECIPE. If food is not specifically listed on this chart, select a similar food and follow the time and temperature given.

COOK BY STRAIGHT OVEN HEAT CONTROL IF YOU WISH. Your Chambers Range will cook beautifully "with the gas turned on" too.

TO LIGHT THE OVEN, set the Oven Heat Control (thermostat) to the required temperature. Turn the gas on FULL, and light Ovens. Always keep the Oven gas turned on FULL; your Heat Control automatically raises and lowers the gas flame to maintain the required temperature. Burn gas 10 minutes before putting food into Oven; this is called "preheat."

TO SEAR IN OVEN, place roast into preheated Oven and leave uncovered 10 to 20 minutes, or until meat begins to brown; add ½ cup liquid if meat is lean or tough (tender cuts should require NO liquid); cover; continue browning gas until roast (uncovered and covered) has had full "gas on" time specified on chart. Tender cuts can be cooked hidden, but waterless roasting WITH lid on roaster minimizes splatter that may occur with fat meat.

## PREHEAT OVEN 10 MINUTES FOR EVERY FOOD ON CHART BELOW

FOOD	HEAT CONTROL SETTING	GAS ON FULL with Food in Oven	RETAINED HEAT (Gas Off Completely)
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### ROASTS (MEAT AND POULTRY)

1 to 2 pounds.....	500	15 minutes.....	1 to 1½ hours or longer
3 to 4 pounds.....	500	20 minutes.....	45 minutes
Beef Medium.....	500	20 minutes.....	1¼ hours
Well Done.....	500	20 minutes.....	2 hours or longer
Game.....	500	20 minutes.....	30 minutes a pound or longer
Lamb Well Done.....	500	20 minutes.....	15 minutes a pound
Mutton.....	500	20 minutes.....	30 minutes a pound or longer
Pork.....	500	20 minutes.....	30 minutes a pound or longer
Poultry.....	500	20 minutes.....	30 minutes a pound or longer
Veal.....	500	20 minutes.....	30 minutes a pound or longer

### LARGER ROASTS (MEAT AND POULTRY)

5 to 7 pounds.....	500	30 minutes.....	12 minutes a pound
Well Done.....	500	30 minutes.....	15 minutes a pound
8 to 10 pounds.....	500	35 minutes.....	12 minutes a pound
Well Done.....	500	35 minutes.....	15 minutes a pound
12 to 15 pounds.....	500	45 minutes.....	20 minutes a pound or longer
Over 15 pounds.....	500	45 minutes.....	4 hours or longer; re-light gas and burn for 10 or 15 minutes; cook on retained heat 2 hours or longer

### BAKED POTATOES

Small.....	500	15 minutes.....	20 minutes or longer
Medium.....	500	20 minutes.....	30 minutes or longer
Large.....	500	20 minutes.....	40 minutes or longer

### CASSEROLE DISHES, ETC.

Casserole Uncooked Food.....	500	15 to 20 minutes.....	1½ to 2 hours or longer
Scalloped Dish.....	450	15 minutes.....	1 hour or longer
Potatoes au Gratin.....	500	10 to 15 minutes.....	2 to 3 hours or longer
Baked Beans.....	500	20 to 30 minutes.....	2 to 3 hours or longer
(Boil dry beans in Thermowell to 3 times as much water as food, with 30 minutes of gas and 2 hours or longer of retained heat; remove season, bake per above timing.)			

FISH.....	450 to 500	20 minutes.....	20 to 60 minutes or longer
(until grease begins to fry)			

TO SEAR ON COOKING TOP, brown meat in bottom of roaster over top burner. Add ½ cup liquid if meat is lean or tough, or if "tender" meat. Cover, place in preheated Oven, and follow this chart for "gas on" and "retained heat." This method is recommended for small roasts with vegetables cooked around them in the roaster.

ADD VEGETABLES 10 to 15 minutes before turning off gas.

FOR BONED AND ROLLED ROASTS, increase "gas on" time given below 1 to 2 minutes per pound of meat; increase "retained heat" 5 minutes per pound.

Anything you always have started in a cold oven in other equipment, can be started in a cold Chambers Oven. The following instructions, however, are based on preheating the Oven.

REMOVE WHEN DONE, foods listed below that do NOT have "or longer" printed after the time given under "Retained Heat," are to be removed when the time given is reached. Foods listed under "or longer" should be removed when the time given is reached, and then cooked on retained heat for the time given.

## AT ALTITUDES OVER 3000 FEET, increase "gas on" and "retained heat" 10 percent for each thousand feet over 3000; increase liquid slightly. Consult local authorities for corrections in pastry recipes.

FOOD	HEAT CONTROL SETTING	GAS ON FULL with Food in Oven	RETAINED HEAT (Gas Off Completely)
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### BREAD, BISCUIT, ETC.

Bread, Yeast.....	350	45 to 60 minutes	
Baking Powder Biscuit.....	450	12 to 15 minutes	
Corn Bread.....	400	20 to 35 minutes	
Ginger Bread.....	350	35 minutes	
Yeast Biscuit.....	400	20 minutes	
Muffins.....	400	15 to 25 minutes	
Pop-Overs.....	450	15 to 20 minutes.....	25 minutes

### COOKIES

Vanilla Cookies.....	400	10 minutes	Small cookies may take less time; large cookies may take longer to bake.
Drop Bran Cookies.....	400	12 minutes	
Molasses Cookies.....	375	15 minutes	

### CAKES

Plain Cake (Sheet or Cup).....	375	20 to 30 minutes	
Loaf Cake.....	350	45 to 60 minutes	
Layer Cake.....	375	20 to 30 minutes	
Fruit Cake (1 to 2 lb.).....	325	45 minutes.....	1 hour or longer
Fruit Cake (3½ to 5 lb.).....	325	1 hour.....	2 hours or longer
Sponge Cake.....	325	1 to 1½ hours	
Angel Food Cake.....	300	1 to 1½ hours	

### PIES

Pasty Shell.....	425	15 minutes	
Open Crust Pie.....	425	20 to 30 minutes	
Apple Pie.....	425	35 to 45 minutes	Or bake at 450 with 20 to 35 to 45 minutes
Cherry Pie.....	425	35 to 45 minutes	25 minutes of gas and 30 to 45 minutes
Gooseberry Pie.....	425	35 to 45 minutes	minutes or longer of re-
Rhubarb Pie.....	425	35 to 45 minutes	minutes; tinned heat
Pumpkin Pie.....	450	25 minutes.....	30 min. or longer
Custard Pie.....	450	20 minutes.....	30 minutes

### CUSTARDS, ETC.

Meringue.....	350	15 minutes	
Puff Paste (Cream Puffs).....	450	15 minutes.....	20 minutes
Individual Custards.....	325	40 minutes.....	
Large 1-Quart Custards.....	350	30 minutes.....	25 minutes

Set custard pans in pan of warm water.

## Exclusive Chambers THERMOWELL Directions

**IMPORTANT:** Kettle must be covered with tight-fitting lid and Thermowell must be covered with Thermowell lid during "gas on" and "retained heat" periods.

### DO NOT PREHEAT "THERMOWELL"

#### FOOD

**GAS ON FULL** (Food must be brought to good brisk boil)  
**RETAINED HEAT** (Gas turned off completely)

#### Fresh Meats and Poultry

Beef.....	In 1 to 2 cups water	2 to 4 hours or longer
Chicken.....	1 1/2 to 2 1/2 cups water	
Irish Stew.....	1 1/2 to 2 1/2 cups water	
Lamb.....		
Mutton.....		
Pork.....		
Veal.....		

#### Cured Meats

Corned Beef.....	In 2 to 4 cups water	3 to 5 hours or longer
Smoked Ham.....	20 to 30 minutes.....	
Pickled Tongue.....		
Smoked Tongue.....		

#### Vegetables (Ordinary Fresh)

Cabbage.....	In 1 1/2 to 1 cup water	30 minutes or longer
Carrots.....	Approx. 10 minutes.....	
Kale.....		
Onions.....		
Parasips.....		
Potatoes.....		
Squash.....		
Turnips.....		
Yams.....		
Asparagus.....	In 1 1/2 to 1 cup water	15 to 30 minutes or longer
Brussels Sprouts.....	Approx. 10 minutes.....	
Cauliflower.....		
Corn.....		
Spinach.....		

Tomatoes.....	(No water) Approx. 10 min.....	15 to 30 minutes or longer
Beets.....	In 1 1/2 to 1 cup water	30 to 60 minutes or longer
Sitting beans.....	10 to 20 minutes.....	

#### Vegetables (Frozen)

Do NOT thaw.....	In 1/4 to 1/2 cup water	15 to 30 minutes or longer
Approx. 10 minutes.....		

#### Vegetables (Dried)

Beans (navy, pinto, etc.).....	3 times as much water as food	2 to 5 hours or longer
Lentils.....	Approx. 30 minutes.....	
Split Peas.....	20 to 25 minutes.....	

#### Cereals

Cream of Wheat.....	Approx. 10 minutes.....	30 minutes or longer
Farina.....	Use amount of water specified on package	
Milky Baby Foods.....		
Orzo.....		
Raisins.....		
Wheatena.....		
Corn Meal Muffins.....	Approx. 10 minutes.....	20 to 30 minutes or longer
Rice.....	3 times as much water as food	
(For dry boiled rice, use only 2 times as much water as rice)		

#### Soups

Fresh Vegetable.....	15 to 20 minutes.....	30 minutes or longer
Dried Vegetable (bean, lentil, etc.).....	Approx. 30 minutes.....	2 to 5 hours or longer
Meat or Poultry Stock.....	Approx. 30 minutes.....	

#### Fruits (Fresh)

Apples.....	In 1/4 to 1/2 cup water	15 to 30 minutes or longer
Pears.....	Approx. 10 minutes.....	
Plums.....		
Pineapple.....		

#### Fruits (Dried)

Dried Apricots.....	Cover with water	30 minutes or longer
Dried Peaches.....	Approx. 10 minutes.....	
Dried Figs.....	(not necessary to soak)	

#### Boston Brown Bread

Steamed Puddings.....	30 to 45 minutes.....	2 1/2 to 5 hours or longer
(Use Thermowell Double Boiler. For large quantities, use Oven same way)		

**USE LESS WATER.** Because gas burns only a fraction of the complete cooking time, it is not necessary to allow for large quantities of seeping steam. Only about 1/2 cup liquid is ample for evaporation for each 10 minutes of "gas-on" time in the Thermowell. Foods with large water or fat content require even less liquid. When roasting "weigh the gas turned off" in the Chambers Oven, it is customary to add no water at all to fat cuts, and only 1/2 to 1 cup to tough, lean meat or poultry.

**COOK SEVERAL FOODS TOGETHER IN "THERMOWELL."** Rice, pulses and carrots cook together with a minimum of gas and labor in the triple kettles. They require only 10 minutes of gas, and can stay in the Thermowell long past their cooking periods.

**ADD VEGETABLES 10 MINUTES BEFORE TURNING OFF GAS IN OVEN OR "THERMOWELL."** When cooking the average family-quantity of vegetables, such as potatoes, carrots and small-to medium-sized onions, around a pot roast in the Thermowell or roast in the Chambers Oven, start the meat, and then add the vegetables only 10 minutes before turning off the gas to "cook with the gas turned off." Vegetables can then remain in the kettle or roaster until time to remove the meat, or longer, and still be firm and tasty.

**ELIMINATE POT-WATCHING WITH RETAINED-HEAT COOKERY.** Given on this chart are approximate minimum cooking times, but wherever "or longer" appears in the "Retained Heat" column, it is not necessary to remove food when done. Nothing can burn or scorch after the gas has been turned off, and not how much extra "retained heat," but how little "gas on" is the important factor. Some users prefer to remove from the Thermowell approximately when done, fresh or frozen apples, asparagus, green peas, etc. Usually they can stay in the Thermowell the 30 minutes required for potatoes, however, and still retain their bright color.

**IMPORTANT:** When foods are cooked by oven heat control entirely, and not on "retained heat," they must be removed when done.

**FOR MAXIMUM HEAT RETENTION,** fill the Oven as full as possible. See cook book for suggested Oven meals. Put Thermowell kettles of vegetables, dried fruit or soup into the Oven with a roast, 10 to 30 minutes before turning off the gas (use "gas on" specified for the Thermowell). Remove with the roast. The more food there is in the Oven to absorb heat in the first place, the better will be the heat retention.

**KETTLES FOR "THERMOWELL."** Any kettle with a tight-fitting lid that will fit in the Thermowell and permit tight closing of the Thermowell lid, can be used. There are very convenient utensils, however, especially made to multiply the efficiency of your range.

**No. 60, Thermowell Utensil** has 7-quart single kettle, plus pan that fits into upper part of large kettle for waterless vegetable and fruit cooking, for puddings, etc. Also available is deep, 1-quart insert that clamps into large kettle lid to make another type of double boiler.

**No. 90, Twin Thermowell Utensil** has two 3-quart sections; is ideal for soups and pot roasts for the small family; holds enough potato and another vegetable for the larger family.

**No. 100, Triple Thermowell Utensil** has three 2-quart sections; makes it possible to cook three foods at once in separate kettles. Not necessary to use all three sections at once.

These fine aluminum kettles can be ordered from any Chambers Range dealer.

**EXCLUSIVE CHAMBERS "THERMOBAKER"** makes an extra oven of the Thermowell. Ideal for small quantities of quick breads, baked potatoes, an 8-inch pie, casserole foods, including baked meat, fish and fowl.

#### PREHEAT "THERMOWELL" 5 MINUTES FOR PASTRY.

#### DO NOT PREHEAT "THERMOWELL" FOR CASSEROLE FOODS IN Thermobaker.

**BISCUITS, CORN BREAD, SHORTCAKE, ETC.** For about 1 1/2 cups ingredients: preheat 5 min.—"gas on" 8 to 10 min.—"retained heat" 5 min. For about 2 1/2 cups ingredients: preheat 5 min.—"gas on" 12 to 15 min.—"retained heat" 10 to 15 min.

**PIE.** Preheat 5 min.—"gas on" about 15 min.—"retained heat" 30 min. or longer.

**BAKED POTATOES.** NO preheat—"gas on" 20 to 30 min.—"retained heat" 30 to 60 min. or longer.

**CASSEROLE DISHES.** NO preheat—"gas on" 15 to 20 min.—"retained heat" 1/2 to 2 hrs. or longer. Pastry should have risen and begun to brown lightly when gas is turned off for retained heat cooking. Foods in casserole should be bubbling or sizzling slightly before gas is turned off. Gas should be turned on FULL. (Full flame should be only 3/4-inch high.)

**TO LIGHT "IN-A-TOP" BROILER AND GRIDDLE,** open the Broiler by turning handle at left end of range; turn on gas, and touch lighted match to bottom of burner. Preheat Broiler 5 to 15 minutes, with Sizzling Platter in high position, for most broiler and griddle cooking.

**ADJUST HEIGHT OF SIZZLING PLATTER** by turning small handle on front of range at right of Broiler.

**DO NOT TEMPER GRIDDLE.** Simply wash it, grease it lightly for most foods, and use as you would any separate griddle or frying pan. Preheat about 5 minutes for most foods until drop of water dances on it. Turn gas down slightly (or lower Sizzling Platter underneath) if necessary to maintain correct temperature. Use Broiler and Griddle at same time. Be sure grease tray is in place in back of broiler box when using Griddle.

**WIPE GRIDDLE CLEAN BEFORE LIGHTING BROILER BURNER** to prevent burned-in spots. After use, pour water on WARM Griddle for soak period; remove water with paper or cloth for final washing (and scouring if necessary). Griddle lifts out to be washed with pots and pans; should be kept clean exactly the same way.